

GOURMET PANINI  
AMONG MANY CHOICES  
AT 3 SISTERS CAFE  
LUNCH RUSH {page 17}



## MORE THAN FRIENDS JEN FINDS BLISS WITH NEW BEAU

{page 12}



OTTAWA

# metro



Tuesday, June 28, 2011  
[www.metronews.ca](http://www.metronews.ca)



News worth  
sharing.

**BREAKING NEWS:**  
**CARAMILK KEY TO THE SECRET IS BACK.**

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# City free to splash

► All residential and commercial water restrictions lifted in Barrhaven, Manotick and Riverside South ► City expects water-main repair costs to be close to original estimate of \$8.5 million

Under the blazing sun of a hot afternoon in Riverside South, Mayor Jim Watson announced yesterday the outdoor water ban in the city's south end is finally over.

Watson made the announcement at a splash pad in Claudette Cain Park alongside councillors Jan Harder and Steve Desroches.

"This is the news that residents have been waiting to hear for the last two months," said Harder. "I'm so happy. Before Canada Day — I'm happy."

The water ban had been in place since April 27, following the bursting of the Woodroffe Avenue water main in January. Now, the city has installed cutting-edge fibre-optic cables to monitor the strength of the pipe.

"My whole view is this is a lesson learned and we've obviously got to continue to be vigilant," said Watson.

The city said residents can resume regular water use including washing vehicles, watering plants, gardens and lawns. In addition, splash pads will now be open all week long.

• JOE LOFARO



In court  
**Violent games win fight**

► U.S. Supreme Court overturns California ban on selling violent titles to children {page 4}

In the writer's seat



Nia Vardalos talks to Metro about teaming up with Tom Hanks again {page 10}

**Wish you could work from home?**

Seven drawbacks to keep in mind {page 20}

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To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

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- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



## Pharmacy Technician

### Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

### Pharmacy subject matter covered includes:

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# Lansdowne judge looks for compromise

A judge hearing a court challenge to a deal to redevelop Lansdowne Park said yesterday he may delay his decision if there is possibility of compromise or a political solution.

Meanwhile, Mayor Jim Watson said city councilors won't be talking about Lansdowne Park until the court case is over.

Justice Charles Hackland asked Steven Shrybman, the lawyer for Friends of Lansdowne, the group contesting the deal, whether he would be satisfied if the group's complaints were addressed by city council.

Shrybman said it's too late to resolve the group's objections, saying, "I don't think you can, in

my opinion, unscramble those eggs."

One of the main problems unearthed in court is a calculation error in the plan that means the city's "funding equity" is about \$63 million less than the figure presented to council when they approved the redevelopment last June.

• JESSICA SMITH



JESSICA SMITH/METRO

► Members of the Friends of Lansdowne pose outside the Elgin Street court house.

# Social media a fad to Green

► Comedian guards privacy ► Hard at work on standup tour, TV special, Edinburgh comedy fest in August



SEAN MCKIBBIN  
@METRONEWS.CA

The man who pioneered bizarre-behaviour comedy says the media and in particular social media helped fuel the recent riots in Vancouver by rewarding outrageous behaviour.

"If there was no Facebook, if there was no YouTube, if there was no cellphone cameras, there would have been no riot," said Green last week as he talked to Metro about his return to Ottawa tonight for a one-night standup show at Yuk Yuk's. Green was adamant that while outrageous behaviour earned him a career, he always knew where to draw the line.

"I never did anything illegal. I never set a police car on fire."

A little older, a little wiser and definitely with a

**"They're going to see all sides of me.... I'm going to turn all around. You'll see the front of me, you'll see the back of me ... I'm going to stand on my head at one point. You might even see the bottom of my feet."**

TOM GREEN, AFTER BEING ASKED WHETHER PEOPLE WILL SEE A NEW SIDE OF HIM IN HIS STANDUP ROUTINE

lot of things on his mind, Green said his show will cover many current events and issues, including the social media and digital-camera onslaught that turns everyone simultaneously into paparazzi and prey.

"You can't really escape, you never feel like you have any privacy," he said. "Say you head out to the



► In this file photo from 2005, comedian Tom Green attempts to get in on the scrum with Irwin Cotler, then justice minister, outside the House of Commons after question period. While Green says his outrageous antics have paid off handsomely, he says mainstream and social media have gone further and promoted outright illegal behaviour.

strip club ... then somebody takes your picture, then your wife sees you at the strip club. That's not very good for you, is it? It's not going to work out well

for you in the end, is it?"

Green said he has left Facebook and while he said he is having fun with Twitter, he calls both platforms fads. He pointed to

the recent exodus of 7 million Facebook users as evidence that people are starting to come to grips with the problems of the Internet.

## Green's hip Ottawa list

### Capital cool

Tom's coolest things about Ottawa that don't get enough credit:

- Skateboarding in the tunnels at Carleton University — you're not allowed to do it, but it's fun.

not a media centre, the people who are creative in

- Ottawa summers.
- ByWard Market.
- Gatineau Park.
- Zaphod Beeblebrox.
- The Royal Oak.
- Shawarma King on Bank Street.
- The Black Sheep Inn.

Ottawa definitely do dig deeper." • SEAN MCKIBBIN

### News in brief

#### Man hurt in crash

MOTORCYCLIST. A 58-year-old man was sent to hospital Monday morning with a fractured right arm, as well as right leg and foot injuries, after his motorcycle collided with a car. Paramedics said the man was in serious condition. The occupants

of the car were not injured. • JOE LOFARO

#### Cops seek thief

ROBBERY. Police are looking for a 20- to 30-year-old white man with a patchy beard who robbed an Ultramar gas-station clerk at knife point at 395 Montreal Rd., around 2 a.m. yesterday. Anyone with info is asked to call the robbery unit at 613-236-1222 ext. 5116. • METRO

1

news



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On the web at metronews.ca



Allan Small says it's time for investors to take advantage of great buying opportunities. More at metronews.ca/investing

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# Violent games win court fight

► Minor's video game law overturned by U.S. Supreme Court ► Games get First Amendment protection ► Developers and sellers celebrate decision

## Proposed law

- California's 2005 law would have prohibited anyone under 18 from buying or renting games that give players the option of "killing, maiming, dismembering, or sexually assaulting an image of a human being."
- Parents would have been able to buy the games for their children, but retailers selling directly to minors would have faced fines up to \$1,000 per game sold.
- Children would have needed an adult to get games like Postal 2, the first-person shooter by developer Running With Scissors that features the ability to light unarmed bystanders on fire.
- The law never took effect. Lower courts have said the law violates minors' constitutional rights.

The U.S. Supreme Court has refused to let California clamp down on the sale or rental of violent video games to children, saying governments lack authority to "restrict the ideas to which children may be exposed" despite complaints that the popular and fast-changing technology allows the young to simulate acts of brutality.

Yesterday, on a 7-2 vote,

the high court upheld a federal appeals court decision to throw out California's ban on the sale or rental of violent video games to minors. The 9th U.S. Circuit Court of Appeals in Sacramento had ruled that the law violated minors' rights under the First Amendment, and the high court agreed. There is no definitive proof that violent video games cause harm to children, or any

more harm than another other form of entertainment, said Justice Antonin Scalia, who wrote the majority opinion. He noted there is no tradition in the United States of restricting children's access to depictions of violence, pointing out the violence in the original depiction of many popular children's fairy tales like Hansel and Gretel, Cinderella and Snow White. THE ASSOCIATED PRESS

## DISSENTING JUDGES' OPINIONS

Justices Clarence Thomas and Stephen Breyer agreed the California video game ban should have been upheld,

Breyer said the court's decision creates an insurmountable conflict in the First Amendment, especially considering

that justices have upheld bans on the sale of pornography to children.

"What sense does it make to forbid selling to a 13-year-old boy a magazine with an image of a nude woman, while protecting the sale to that 13-year-old of an interactive

video game in which he actively, but virtually, binds and gags the woman, then tortures and kills her?" Breyer said.

Two other justices indicated they would be willing to reconsider their vote throwing out the law. THE ASSOCIATED PRESS



► JT Taga-Anderson, 9, left, and Mika Taga-Anderson, 13, play Grand Theft Auto IV in Los Altos, Calif., Sunday.

# 'Bikeability Index' promotes urban cycling

University of British Columbia researchers are pedalling past the old adage "You are what you eat" to propose that bike-friendly city design can have a revolutionary impact on health and fitness.

Arguing the blueprint of a community influences the amount of physical activity its citizens get, they propose the new saying should be "You are — where you live."

The team has created

what they've dubbed the "Bikeability Index," a mapping tool that scores neighbourhoods on how accommodating they are to cyclists.

The online, colour-coded maps currently correspond to Vancouver — a city that's pushed hard to get people out and about on two-wheels in recent years — and its surrounding municipalities. They chart the availability and quality of bike facilities in individual



► A cyclist rolls down a bicycle lane in downtown Montreal last August.

areas, how connected streets are, topography and land use, and then sum up the results to provide cities with a big-picture rating.

Lead researcher Meghan Winters said the team's primary goal is to deliver the maps to the hands of urban planners, who can use them as visual aides to identify which areas of a city should be improved to promote a cycling breakaway.

"People ... assume that

walkability and bikeability (are) the same thing," Winters said. "But it's not actually true. People need different things when they're on their bikes."

THE CANADIAN PRESS

**2,100** Data was collected from more than 2,100 people and was also compiled using public-opinion surveys, studies of travel behaviour and focus groups.

## HIV killer has very high libido: Crown

The Crown said a man thought to be the first in Canada convicted of murder through HIV transmission has an abnormally high libido that could lead him to reoffend if he's eventually freed.

Aziga was convicted in 2009 of two counts of first-degree murder, 10 counts of aggravated sexual assault and one count of attempted aggravated sexual assault.

His convictions are related to 11 women with whom he had unprotected sex without telling them he had HIV.

The Canadian Press

## Wrong-turn penguin on the mend

New Zealand's favourite penguin visitor is more lively and eating fish after undergoing endoscopic surgery yesterday to remove some of the beach sand and twigs it swallowed, apparently mistaking it for snow.

Full recovery for the young emperor penguin — affectionately dubbed



► Emperor penguin Happy Feet.

Happy Feet — may take months, and officials are unsure when or how it could return home to the Antarctic, about 3,200 kilometres away. THE ASSOCIATED PRESS

## Toronto mayor may go to Pride Week

Toronto Mayor Rob Ford said he would take it "one day at a time" when asked if he would be going to any events at the annual 10-day festival celebrating gay pride.

The comments came after a handful of protesters, angry the mayor might be missing Pride Week, interrupted the event's flag-raising at city hall today.

They began yelling "Bring out the mayor! It's the mayor's job!" and "Where's Rob Ford?"

Ford said last week he won't be attending the annual Pride parade.

Instead, he said, he will be honouring a tradition by spending the upcoming Canada Day long weekend at his cottage.

THE CANADIAN PRESS



## Prepping for royal protest

A fringe Quebec pro-independence group is hiring dozens of burly security guards to ensure a protest planned for Prince William and Kate's upcoming visit to Quebec City doesn't get out of control.

# Jury convicts Blagojevich

► Found guilty on 17 of 20 counts ► Faces up to 300 years in prison but federal sentencing guidelines will significantly reduce time

Rod Blagojevich, who rode his talkative everyman image to two terms as Illinois governor before a scandal made him a national punch line, was convicted yesterday of a wide range of corruption charges, including the incendiary allegation that he tried to sell or trade President Barack Obama's Senate seat.

The verdict was a bitter defeat for Blagojevich, who

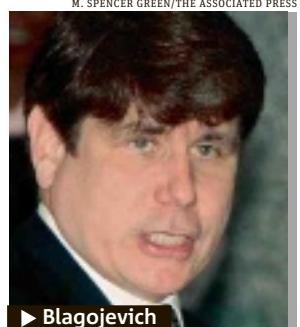
had spent two and a half years professing his innocence on reality TV shows and later on the witness stand. His defence team had insisted that hours of FBI wiretap recordings were just the ramblings of a politician who liked to think out loud.

The decision capped a long-running spectacle in which Blagojevich became famous for blurting on a

recorded phone call that his ability to appoint Obama's successor to the Senate was "f-ing golden" and that he wouldn't let it go "for f-ing nothing."

Blagojevich, who has been free on bond since shortly after his arrest, becomes the second straight Illinois governor convicted of corruption. His predecessor, George Ryan, is now serving six and a half

M. SPENCER GREEN/THE ASSOCIATED PRESS



years in federal prison.  
THE ASSOCIATED PRESS



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# HMV Canada gets cash infusion

**► Company hopes more product categories, loyalty cards and revamped stores will boost flagging sales**

The new owner of 121 HMV stores in Canada has agreed to invest up to \$25 million to fund the evolution of the music, video and game retailer as it adjusts to the digital world.

Paul McGowan, chief executive of Hilco UK, said yesterday that HMV Canada's management team has a plan to maintain sales of CDs, DVDs and Blu-rays at its stores, though he didn't go into details.

"The new product categories it is introducing to the business will help sustain sales levels during the transition of entertainment sales into the digital realm," he said.

## Download spiral

- HMV has been struggling to overcome the downturn in sales of CDs, tapes and DVDs.
- The growing popularity of digital forms of music, video and text has had a devastating impact on some retailers and their suppliers.
- In May, Blockbuster Canada went into receivership. Nearly 150 Canadian Blockbuster stores closed this month.

HMV has been reworking many of its Canadian stores to focus on a broader

selection of music- and film-related products, including T-shirts, headphones, video game controllers and electronics, in an effort to curb declining revenues as disc sales weaken and more shoppers opt to download content.

The company said it would disclose its next steps within weeks.

Hilco UK, a specialist in restructuring retail businesses, paid the equivalent of \$3.2 million to British retailer HMV Group PLC to buy the Canadian stores.

Hilco is expected to dig deep into HMV's operations to figure out where corners can be cut. **THE CANADIAN PRESS**

## Lower gas prices won't last: Expert

The pump-price relief that Canadians are experiencing is likely to be short-lived because a recent move to release 60 million barrels of crude into the global market is expected to backfire, an energy consultant said yesterday.

"The prices you're seeing now are just about as low as they're going to get" all summer, said Roger McKnight of En-Pro International in Oshawa, Ont.

On Thursday, the International Energy Agency said it would sell the crude in response to supply disruptions in Libya. McKnight said the move was political, aiming to lower

fuel costs at the height of the summer driving season and serve as a "rap on the knuckles" of the Organization of Petroleum Exporting Countries and Wall Street speculators.

Of the resulting price drop he said, "I wouldn't give it more than 10 days."

**THE CANADIAN PRESS**



► Emily van der Wall of Sotheby's wine department holds an imperial — equal to eight bottles — of Chateau Petrus 2000 at Sotheby's London yesterday. The imperial is expected to fetch up to \$41,000 at auction on July 6.

AKIRA SUEMORI/THE ASSOCIATED PRESS

## Something for the cellar

### Market moment

TSX	Dollar	Oil	Natural gas
+ 57.6 (12,966.5)	+ 0.03¢ (101.35¢ US)	- 55¢ (\$90.91 US)	\$4.256 (+ 2.7¢) Gold contracts \$1,496.40 (- \$4.50)
YESTERDAY	YESTERDAY	YESTERDAY	YESTERDAY

BY ANDREW LAWLER/THE CANADIAN PRESS

"There's no question we're going to have to, you know, rebuild relationships and figure out a way that we can work together to build a postal system that's going to serve Canadians well into the future."

**THE CANADIAN PRESS**

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# BARING THE TRUTH ABOUT LINGERIE

## SHE SAYS ...

JESSICA NAPIER  
METRO



Women are better dressers than men; even when they're undressed.

Nine out of 10 men arrive in the bedroom clad in novelty print boxer shorts or a pair of briefs with elastic that gave up three weeks ago. Strangely, they expect their female bedmates to put a little more effort into their costume choices.

This is what keeps Victoria's Secret in business.

The bright pink lingerie mecca is an exhilarating place to be. Undergarments are mounted in displays with their own built-in lighting. Walls are lined with fragrances that have ambiguously sexy names like Fantasies, Attractions and Bombshell and all smell exactly the same. There are 11 different styles of underwear. ELEVEN.

After roaming the cavernous rooms of bras and body lotions, you enter a boudoir-like dressing room that will

make you feel like you're preparing to go on stage at the Moulin Rouge. Inside the dimly lit cubicle you will struggle into a corset-style contraption that actually makes you look amazing. With lace, ribbons and plenty of boning, it's possible to convince yourself that you, too, are worthy of a pair of angel wings.

Before you know it, you're intoxicated on the scent of Very Sexy Summer and you have dropped \$200 on an embroidered baby doll and two containers of

mango temptation body butter.

For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home.

Back in the harsh reality of your well-lit apartment you begin to think that maybe you don't actually look that fantastic squeezed inside this torture device masquerading as underwear. All of a sudden those feathers don't make you look fun and flirty; they make you look like a slutty Muppet.

Worst of all is the realization that nothing in your wardrobe is capable of concealing this getup. You would need to wear a burlap potato sack in order to hide the awkward lines and protruding ruffles attached to the apparatus that is now trying to suffocate you.

Since real life doesn't permit "let me slip into something more comfortable" opportunities, you will ultimately decide to ditch your fancy lingerie in favour of a practical tummy-trimming spandex number with a decidedly un-sexy name like Spanx. This, of course, will lead to the eventual Bridget Jones moment you have been dreading, where you are discovered to be the sensible, high-waist, control-top woman that you have been trying to hide all along.

*Read more of Jessica Napier's columns at metronews.ca/shesays*



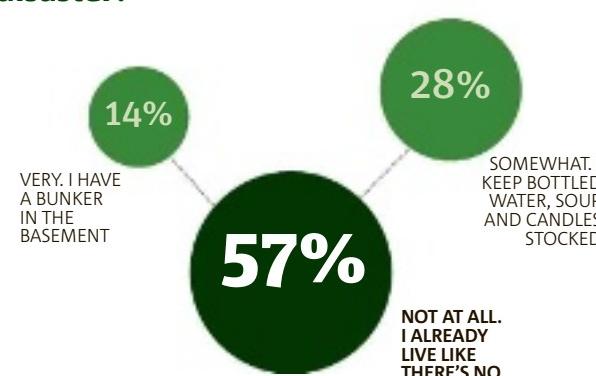
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How prepared are you for a natural disaster?



## Local tweets



- @draglikepull: I'm not sure what it says about Canada that Pierre McGuire is the highest trending topic in the country. I guess we love hockey. #noreally
- @thedantripp: @CarlyD Thanks! Retirement was fun, but the high riding pants and suspenders began to chafe. That and I never really mastered shuffleboard.
- @ottguy: Thank god RibFest is over so we can get back to shooting a cannon down Sparks Street Pedestrian Mall and not
- @Marty\_Chan: Ottawa cancels funding for Summerworks one year after Harper complains about one of the plays. Coincidence? <http://bit.ly/j5Hqox>

## Cartoon by Michael de Adder



## WEIRD NEWS

### Iran ready to monkey around in space

Iran says it plans to send a monkey into space next month as the next step in a space program that Western leaders worry could also bring major advances in Iran's missile arsenal.

The state-run news agency IRNA quotes the head of Iran's space agency yesterday as say-

ing that five monkeys are undergoing tests and one will be selected for the flight on a Kavoshgar-5 — or Explorer-5 — rocket.

Last year, Iran announced it had launched a rocket carrying a mouse, turtle and worms into space.

The U.S. and allies are concerned the technology in the space program could also be used to develop long-range missiles with possible nuclear warheads.

Iran denies it seeks nuclear arms and says it wants only energy-producing reactors.

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# 2 scene

## Flood relief



Hollywood actor and Minot, North Dakota native Josh Duhamel has been named honorary chairman of a fund set up for the city's flood recovery. The fund will help Minot and the surrounding area with grants for construction materials, mortgage help, household items and other needs.

THE ASSOCIATED PRESS



Recession-wary performers turn Las Vegas Strip into parade of characters.

# Back in the writer's seat

► Nia Vardalos teams up with Tom Hanks (again) to write Larry Crowne ► She dishes to Metro on working with Hanks, her latest project and heading to Winnipeg this summer



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Actress, writer and director Nia Vardalos admits that she actually loathes writing — except when it's for Tom Hanks, who's been a close friend and colleague since he produced her first film, *My Big Fat Greek Wedding*.

The pair teamed up for the script of Hanks' latest, *Larry Crowne*, so hopefully that writing experience wasn't too terrible. Metro caught up with the Winnipeg native to talk about working with Hanks, heading home this summer and the legacy of her breakthrough film.

**How is Tom as a boss?**

Well, besides the alcoholic blackouts, he's awesome (laughs). Clearly, you see him. He's one of the most gregarious, fun-loving, well-read, interesting people I've ever met — who happens to be married to my fantastic friend, Rita Wilson. They're just a stellar, shining example of people who have maintained their civility and humanity in a cesspool of an industry. And I just love them both.

**What makes the three of you click so well?**

We're all dorks, and we like to laugh at ourselves and each other.

**It's been almost 10 years since *My Big Fat Greek Wedding*. Isn't it hilarious? Just today**

in Times Square, a gaggle of beautifully black-haired Japanese girls screamed when they saw me. They were all going for their cameras, and this one girl kept bowing and saying, "I am Toula! I am Toula!" That makes me cry. That's a really cool feeling.

**How have you dealt with the pressure of having such a big hit right out of the gate?**

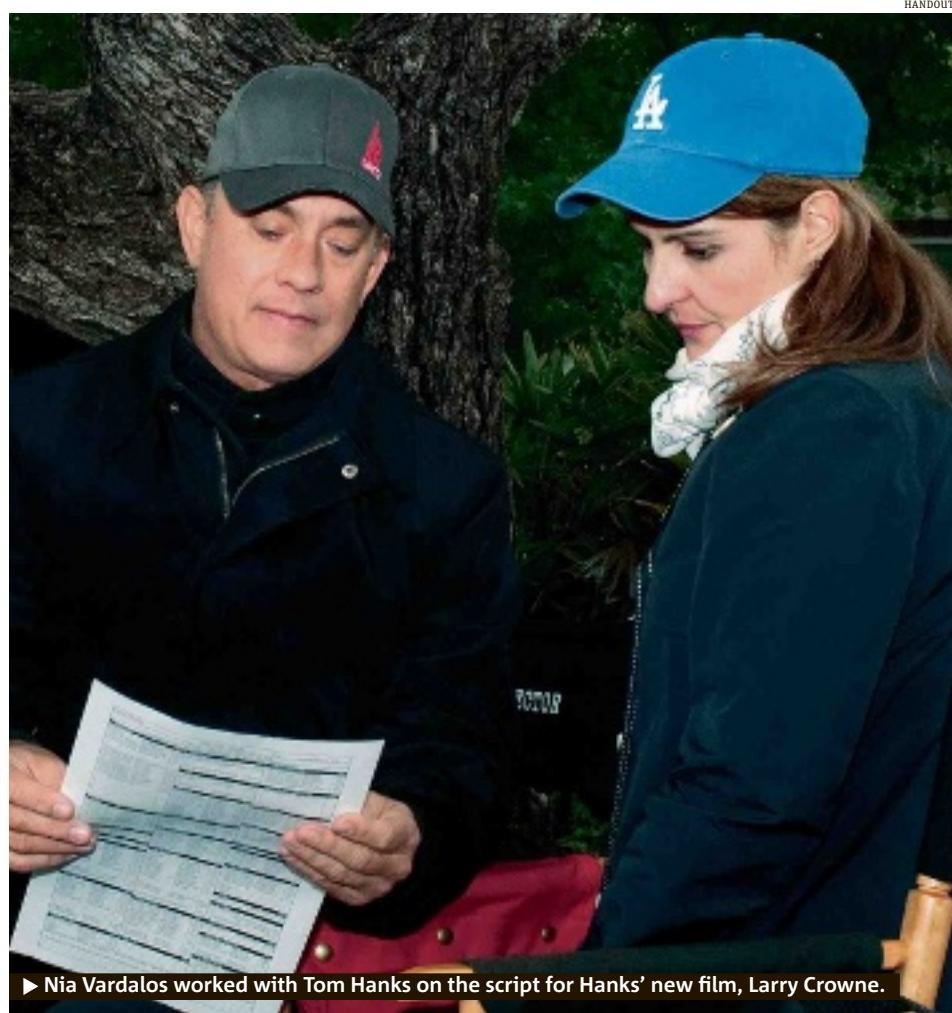
Some people ask me that, but I just don't feel it. I don't think of things that way. I'm such an optimist, I feel no pressure whatsoever. I don't look at anything in terms of monetary success because that's rather gauche.

I just kind of look at it as that movie opened so many doors for me. I met fantastic people, I had dinner with the Queen of England and I met Elton John, and these are not things that I ever aspired to. I never even dared to hope that they would happen. So I don't think of anything as a pressure. It's just, "What's next?"

**You're going home to Winnipeg soon to film an American Girl movie.**

Yeah, I'm really excited. I'm giddy about getting the chance to go back to Winnipeg and spend some time with my family, but also that I got offered a role that I didn't write. I think I Tweeted out that it's another sign of the rapture.

**What are you looking**



► Nia Vardalos worked with Tom Hanks on the script for Hanks' new film, *Larry Crowne*.

**forward to most about going back?**

I'm looking forward to hanging around with family, and my daughter having time with grandparents and cousins.

And also I'm actually a huge fan of the American Girl series because they promote girl power without being anti-boy, and I

like that. I don't believe in an us-or-them mentality. Even with *Bridesmaids* making such a huge splash, I didn't see it like, "Yeah! One for the women!" That is, I feel, pandering to us. We know we're funny. It's one for comedy. I just love that entire movie, and that's how I feel about American Girl

— not the same, G versus R. But it's about empowerment and about being your best you without it being at the expense of another of the other gender.

**An R-rated American Girl movie would be very interesting, though.**

You're right, you're right. We should write that.



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# Aniston wearing heart on sleeve

► 42-year-old actress makes it clear she is smitten with new boyfriend Justin Theroux ► Says she is 'extremely happy' about her personal life

Jennifer Aniston enjoying time with new boyfriend Justin Theroux — and is even willing to talk about it.

When asked during a Good Morning America interview if she's happy in her personal life right now, the former Friends star responded, "Yes, I'm very happy. I'm extremely lucky, and I'm extremely

happy."

Aniston even brought Theroux along for her Inside the Actors Studio taping, according to People magazine.

"Whenever there would be a lull, she would just look at him and give him a wink and go back to what she was doing," an audience member tells the magazine. • METRO



ALL PHOTOS GETTY IMAGES

## Sheen Goddess Two packs her bags

Charlie Sheen has lost another "goddess," as girlfriend Natalie Kenly reportedly moved out of his Mulholland Estates mansion last week, according to TMZ.

And the embattled former Two and a Half Men star isn't too pleased about it, demanding Kenly return a Mercedes he bought as a gift while they were dating. • METRO



## Pippa rumours have Harry laughing

Prince Harry is clearing up any confusion about his personal life. "I am not seeing anyone at the moment. I'm 100 per cent single. I'm working a lot at the moment, so dating

and watching TV are the last things I have time for," he says, according to the Daily Mail. As for specific rumors about Harry getting cosy with Pippa Middleton? "Pippa? Ha! No," he says • METRO



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DARK HORSE



## Shia is Pho in love

Five months after meeting at an L.A. karaoke club, Shia LaBeouf says he and stylist girlfriend Karolyn Pho are still going strong — and Pho is even helping broaden his palate. "[Karolyn's] having me try

different things. I was scared of fish, 'cause of my upbringing, being Jewish. Gefilte can ruin your entire seafood life," LaBeouf tells the Los Angeles Times. • METRO

### Celebrity tweets

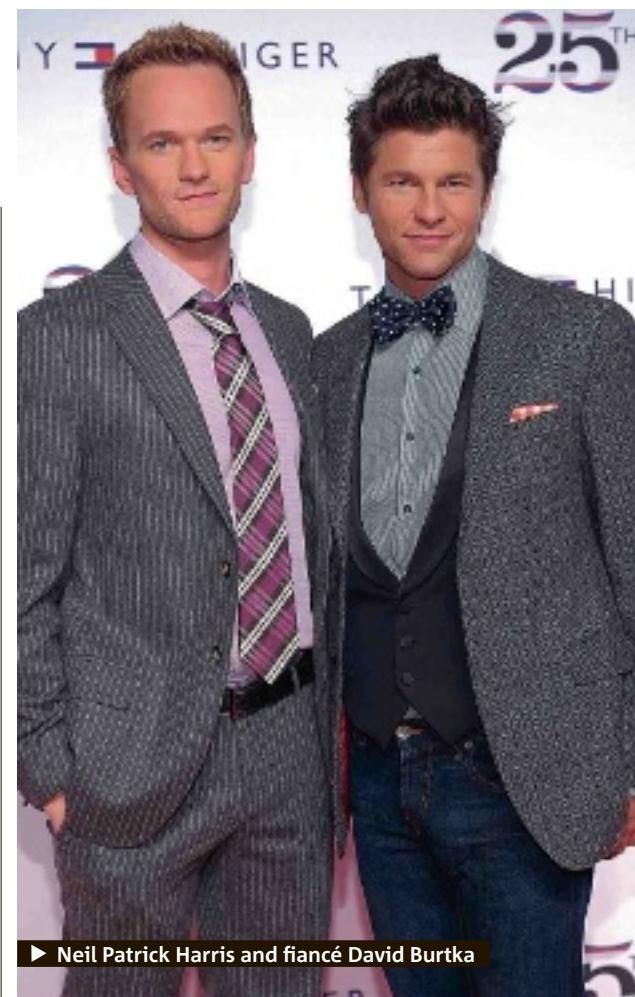
**@EvaLongoria**  
Sorry I'm on vacation! I'll tweet more when I'm back!

**@joan\_rivers**  
Poor Lindsay Lohan spends so much time in front of judges, her latest driver's license picture was done by a courtroom sketch artist.

**@joelmcchale**  
Boston... Every eatery claims "Award Winning Chowder". Either there's way too many chowder contests or "award" is now part of the title.



Some of my dogs have been walking around the office wearing cone collars lately - thankfully, they're getting better now!



► Neil Patrick Harris and fiancé David Burtka

## Harris reveals engagement as N.Y. reverses law

Neil Patrick Harris and boyfriend David Burtka took the opportunity of New York legalizing same-sex marriage to reveal that they're engaged — and have been for some time.

"David and I did propose to each other, but over five years ago," Harris posted on Twitter.

"We've been wearing engagement rings for ages, waiting for an available date." • METRO

# Our Rideau Centre store is now open. That's code for party and prizes!

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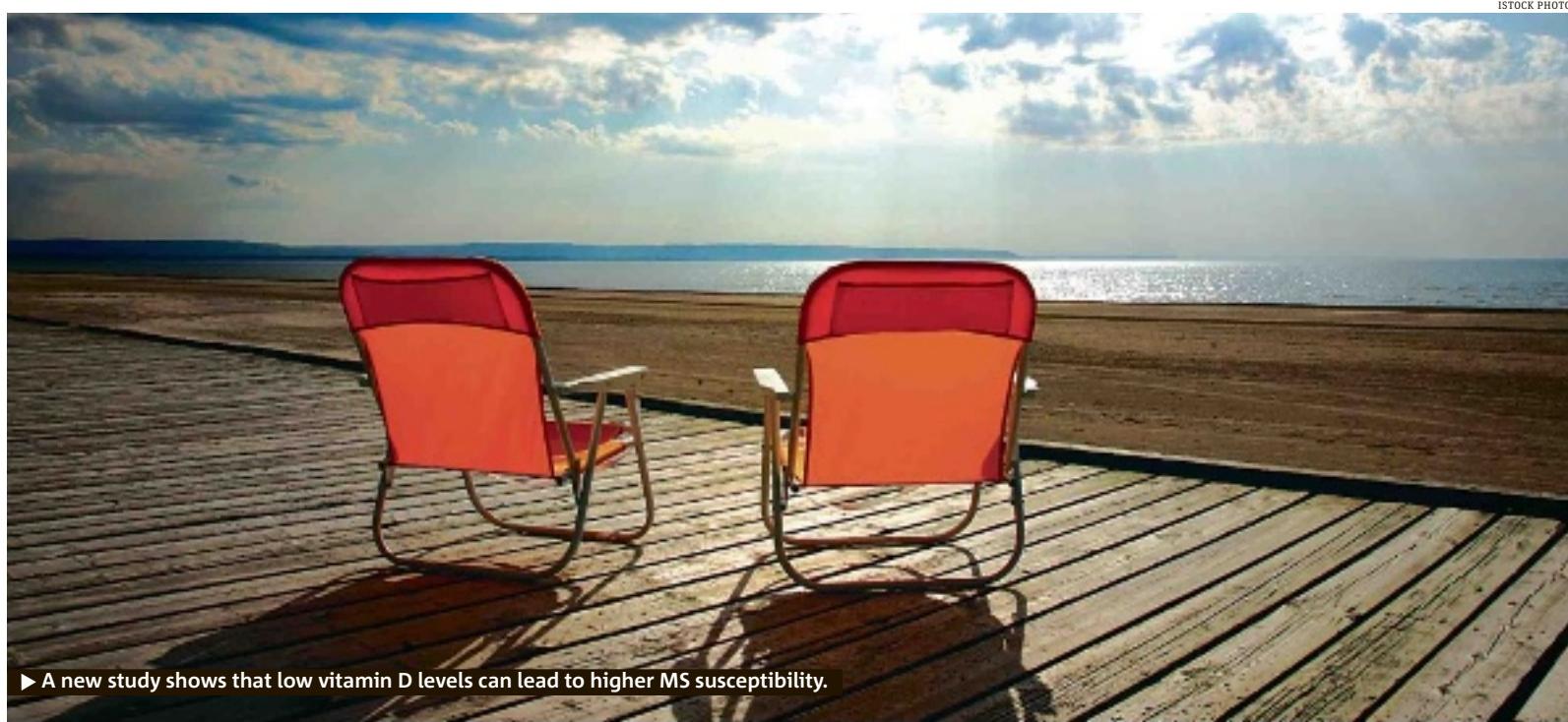
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# MS linked to low sun

► New study lends credibility to the theory that vitamin D a modifiable factor in disease risk ► Experts speculate it leads to abnormal response

 CELIA  
MILNE  
LIFE@METRONEWS.CA

It's a wicked combination that puts people at risk for multiple sclerosis: Low levels of sunlight plus "kissing disease."

Researchers at the University of Oxford in the U.K. have found that people who live far from the equator (in countries like Canada) and have had mononucleosis are at much greater risk for developing MS.

"It is an important finding because it adds weight

to the possibility that vitamin D can be considered a modifiable factor when it comes to increased MS risk," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada.

Researchers in England studied records for Britain's National Health Service over seven years; they identified 56,681 cases of MS and 14,621 cases of mono. They also studied NASA data on sun intensity over the country. They found that the effects of sun exposure plus mono together explained 72 per

**"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility."**

DR. KAREN LEE

cent of variance in the occurrence of MS across the U.K.

They speculated that not having enough vitamin D in your body leads to an abnormal response to the very common Epstein-Barr virus, the virus

that causes mono.

Perhaps vaccines for the Epstein-Barr virus, as well as widespread use of vitamin D supplements, could lead to fewer cases of MS, they reported.

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility," says Lee. "Additionally, it directly links two well-known suspects in MS susceptibility — vitamin D and the Epstein Barr virus."

The U.K. study was published in the prestigious journal Neurology.

## Vitamins

How much vitamin D do you need?

► The more sunlight the better Because Canada has relatively low levels of sunlight, make sure you get enough vitamin D. "There is a growing body of evidence that vitamin D can help prevent MS and other diseases," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada. Health Canada recommends 600 IU of vitamin D through daily food intake and up to 4000 IU through supplementation.

● CELIA MILNE



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Aging baby boomers eating up physician resources with chronic illnesses: survey

  
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- ▶ Have no more than five or six ingredients.
- ▶ Are close to their natural state: an apple looks the same as hanging off the tree but fries look nothing like a potato.
- ▶ Contain no ingredients you can't pronounce or recognize.
- ▶ Don't make you feel gassy, bloated or full.
- ▶ Don't list sugar as the main or top 3 ingredients.



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**DOES YOUR MOUTH PASS THE SMELL TEST?**

You know the test! Things look ok but something still does not "feel" right to you. You might use the expression that it does not pass the "smell" test.

Well, as unpleasant a thought as it may be, **your mouth may be in a similar state of health**. All your teeth are there and they appear to be nice and white. But that "smell" test is emitting an odour that says something is wrong.

Truth be told, **one in four Canadians suffers from bad breath** that cannot be controlled with regular brushing, flossing or dental treatments. Of course, mouthwash or breath mints do little more than cover up the problem for a very brief period.

These people might be surprised to learn that their **bad breath may indicate a more serious, underlying health issue**. Perhaps some form of local infection in the respiratory tract might be the cause. However, it may also be a sign of sinusitis, bronchitis, untreated diabetes or kidney or liver issues. All of these medical conditions need to be treated by a physician.

In most cases, however, bad breath is the result of **poor oral hygiene**. If you are not brushing and flossing on a regular basis, food particles can be allowed to build up between your



**Dr. Peter Georgopoulos**  
Dental Surgeon

blood system and may spread their infections to other parts of the body, including the heart and lungs!

So don't be afraid to see if your breath passes the "smell" test. Just cup your hand over your mouth so that your breath is directed toward your nose. Then exhale. If something does not smell right, you might have to pay greater attention to your brushing and flossing habits.

The best news is that good oral hygiene practices, including regular visits to your dentist, will usually be sufficient to alleviate your breath problems. You may find that is all you need to do to turn your unpleasant odour into something that passes any smell test. Of course, if you are a smoker, quitting that habit may also be necessary to improve your breath.

Any way you look at it, getting rid of bad breath is good for your confidence and also good for your health. So make sure you are not having trouble with the "smell" test. Because eliminating bad breath is a healthy habit...and healthy habits lead to healthy lives.

**Dr. Peter Georgopoulos**  
- Dental Surgeon

teeth. These particles attract a lot of **bacteria**. Keep in mind that your mouth is a nice, warm moist home which bacteria naturally finds very attractive! Add in some decaying food particles and you will have very happy bacteria!

Of course, this can lead to further, more serious oral health issues. The build-up of bacteria can penetrate the gums resulting in **gum disease, also known as periodontitis**. This can result in gum recession, tooth loss and even bone loss in the jaw. More seriously, these harmful bacteria will have an easy access route to your

# Get your beach body ready now

► The guys at Bodyism Clinic are responsible for the strong, lean body of Transformers 3 actress Rosie Huntington Whiteley ► Co-owner James Duigan tells us how to get ready for the dreaded flesh baring season



**ROMINA  
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METRO WORLD NEWS IN LONDON



**"Sugar is a fattening toxin that causes wrinkles and adds a layer of flesh to your tummy."**

JAMES DUIGAN

tein found in the connective tissue of the skin that helps keeps it plump and firm, excessive consumption causing the skin to sag and wrinkle prematurely.

This takes us to cravings, as Duigan describes sugar as being both physically and emotionally addictive.

Physically, we get an instant energy buzz from eating it (it has the same effect on the brain as pain killing drug morphine) and emotionally, we associate eating it with some sort of "reward."

**Cut out the C.R.A.P.**

**Caffeine:** OK in small doses. For coffee, more than two cups a day is excessive and for green tea, have no more than six cups a day.

**Refined sugars:** These are no-nos: fruit juice, white bread, cakes and anything ending in 'ose' (fructose, glucose, sucrose)

**Alcohol:** It's full of sugar and stimulates the production of the hormone oestrogen in the bloodstream that promotes fat storage.

**Processed Foods:** These break all the rules as they have been stripped of their natural goodness.

It's summer! But hear us out before you commit to some crazy juice fast and jog around your block 50 times to get into your teeny tiny bikini (or trunks).

James Duigan's book, "Clean and Lean: Flat Tummy Fast!" aims to get you toned and washboarded in just 14 days and before you gasp, yes it's possible.

"There are three crucial elements to change; nutrition, movement and mindset," says the co-owner of Bodyism.

**Nutrition and mindset: eat 'clean'**

"All transformation happens in the mind. The rest is details," says Duigan.

He believes that a body can only be lean if it's clean.

"So many people have a toxic relationship with food that stops them from being clean."

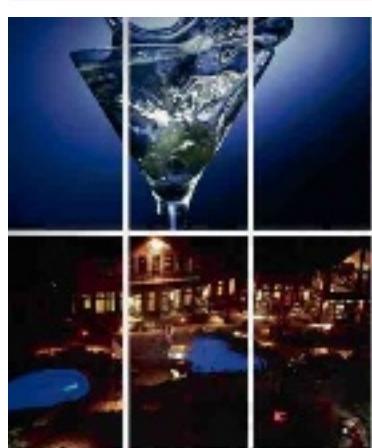
The body stores toxins in its fat cells so if your diet is toxic, yes you will eventually lose fat, but slowly, as these will have no where to go but right

back in your system, making you to feel tired and low in energy.

Ironically, some diets make us more toxic, and weight loss becomes a struggle. Duigan swears by "clean," toxin free foods that are natural and unprocessed devoid of chemicals to lose the weight and keep it off.

"Sugar is the number one culprit for getting out of shape," says Duigan who refers to it as a "nuclear fat bomb" exploding all over your body. It converts to fat quicker than fat itself as sugary foods raise insulin levels, triggering fat storage.

He also points out that sugar speeds up the breakdown of collagen, a pro-



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**Walnut Ice Cream Bonbons**

Nothing says summer like ice cream and these walnut ice-cream bonbons are a perfect treat that is sure to make kids and adults alike smile. Lollipop sticks can be purchased at bulk stores.

**Preparation:**

**1** Scoop 12 small round balls of ice cream with a melon baller and insert lollipop stick into centre. Freeze for at least 30 minutes.

**2** Meanwhile, in bowl, combine walnuts, maple syrup, sugar and cinnamon, stirring well to coat.

**3** Pour mix onto parchment-lined bak-

ing sheet, spreading into one layer. Bake in a 200 C (400 F) oven for 10 mins, stirring once in between, until light golden. Let cool.

**4** Melt chocolate wafers in microwave on high for three 30-second increments, stirring in between. Dip one ice-cream lollipop into chocolate, gently shaking off excess and quickly roll bottom into walnut mixture. Return to freezer until ready to serve. Repeat steps with remaining bonbons.

**THE CANADIAN PRESS/ CALIFORNIA WALNUTS (WALNUTINFO.COM)**

**Ingredients:**

- 500 ml (2 cups) ice cream
- 12 lollipop sticks
- 250 ml (1 cup) walnut pieces, coarsely chopped
- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) dark brown sugar
- 5 ml (1 tsp) cinnamon
- 375 ml (1 1/2 cups) dark chocolate melting wafers

**Preparation:**

**1** Preheat oven to 230 C (450 F). Ten mins before cooking chicken, put baking sheet in oven to preheat.

**2** Finely zest orange and set zest aside. Cut top and bottom off orange, sit orange on one end on a cutting board and cut entire peel and pith off by cutting downward following the shape of the fruit. Then, using a paring knife, remove each section of orange

# A tale of 3 Sisters and their delicious eats

► This bakery serves up gourmet Panini, freshly baked desserts and more



## LUNCH RUSH

**SHARI GOODMAN**  
**FOOD@METRONEWS.CA**



Not long ago, a small, but decadent bakery opened in the Alta Vista area that provides gourmet Panini, fresh-baked desserts and homemade Lois 'n Frima's

ice cream in a homey atmosphere.

It also offers a variety of gluten-free baked goods along with the expected gluten-filled pastries.

Though seating is limited, the choices are not.

Listed on the chalkboard were a vegetarian, beef or chicken Panini.

The mix of chicken, organic cranberry compote and arugula was healthy and tasty.

It was served on the famous Art-is-in Boulangerie bread that many Ottawa foodies know and love.

Of course, I had to sample one of the sweet options and surrendered to the mini carrot cake loaves that came with a glowing recommendation from another customer.

This cake was moist but not oily, and the cream cheese frosting was smooth and thick.

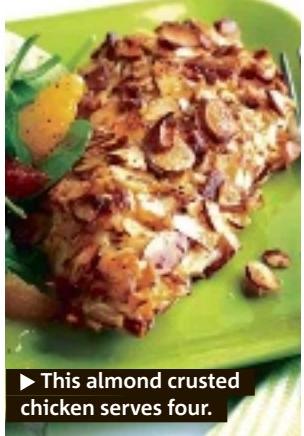
Grab your sister (or a friend) and head to this quaint and tasty café.

► **3 Sisters Bakery**

**1791 Kiborn Ave.  
613-619-0607  
Reservations: No  
Quick solo lunch: Yes  
Lunch with co-workers:  
Yes  
Client negotiations: No  
Price range: \$  
Rating: 5 out of 5**

# Bring some almond joy to your table

THE CANADIAN PRESS/HO



► This almond crusted chicken serves four.

**Preparation:**

**1** Preheat oven to 230 C (450 F). Ten mins before cooking chicken, put baking sheet in oven to preheat.

**2** Finely zest orange and set zest aside. Cut top and bottom off orange, sit orange on one end on a cutting board and cut entire peel and pith off by cutting downward following the shape of the fruit. Then, using a paring knife, remove each section of orange

from the membrane. Set orange sections aside.

**3** In bowl, whisk egg whites until slightly frothy. In shallow plate, combine orange zest, almonds and 1 ml (1/4 tsp) each of the salt and pepper. Put flour on large plate.

**4** Remove heated baking sheet from oven; spray with cooking spray. Dip each chicken breast into flour, shaking off excess, then into egg white and

coat with almond mix. Place on baking sheet.

**5** Spray top of chicken with cooking spray. Bake for 6 minutes, turn and bake for 6 minutes more, until chicken is cooked through.

**6** In large bowl, combine fennel, arugula and orange. In small bowl, whisk olive oil, lemon juice and remaining 1 ml (1/4 tsp) each of salt and pepper. Pour dressing over salad and toss.

**7** To serve, place chicken cutlets on each plate and top with a mound

**Ingredients:**

- 1 orange
- 2 egg whites
- 175 ml (3/4 cup) sliced almonds, coarsely chopped
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 50 ml (1/4 cup) all-purpose flour
- 4 pieces thinly sliced boneless skinless chicken breasts (about 500 g/1 lb)
- Cooking spray
- 1/2 small fennel bulb, halved, cored and thinly sliced into half-moons (about 250 ml/1 cup)
- 1 l (4 cups) arugula, lightly packed (coarsely chopped if leaves are large)
- 30 ml (2 tbsp) extra-virgin olive oil
- 30 ml (2 tbsp) fresh lemon juice

# DINING WITH THE BOSS, 101

**CHARLES THE BUTLER**



Dear Charles the Butler,  
My wife and I have been invited for the first time to my boss's house for dinner. We are both very nervous. We live a casual lifestyle, but my boss and his wife live very formally. Tips please!  
**Nervous Couple**

Dear Nervous couple:

Going to your employer's for dinner is stressful at the best of times.

But alas, one must overcome social fears, especially if one wishes to succeed in long-term business relationships.



► Brush up on the latest news, master your table manners, but most importantly, be yourself when invited over to someone's home for dinner.

Etiquette is about confidence building, allowing you to be comfortable in most situations.

As a child, my parents laboured tirelessly to teach me table manners — no fingers even for chicken wings! I fought them both tooth and nail.

Soon enough I noticed that when I went to my friends' houses for dinner, their parents would say, "Why can't you learn to eat correctly like Charles?" And

that made me feel proud and confident.

Here is all you need to know to enjoy dinner with your boss — with confidence.

1. Take the time to learn how to correctly hold and use a fork and a knife — and practice, practice practice. If at any point you don't know what to do, take a deep breath and follow the hostess.

2. Read the newspaper for one week prior to the

dinner. This will allow you to be aware of what is going on in the world and add to the discussion.

3. See what the dress code is. If it's not clear don't be afraid to call and ask. If you are dressed appropriately you will feel more comfortable at the dinner.

4. Last but never least, be yourself! Don't put on any pretence — being sincere and genuine is by far the most important. Now go and have a great time!

# WHEN FACEBOOK AND LOVE DON'T MIX

## SMUG MARRIEDS



**ANGELA PACIENZA & DEREK CHEZZI**

2FORCOUPLES.COM  
TWITTER: @SMUGMARRIEDS

**My wife posts personal information on Facebook. How do I make her stop?**

**Angela says ...**

Have you spoken to her about it? She could be oblivious to your embarrassment.

Men and women have very different views on what's 'personal' in a relationship.

**Derek says...**

Some people are completely unaware of boundaries, though I'm sure that would have materialized before now. If talking doesn't work, you may need to employ some digital revenge. Just be prepared for a change in her Facebook relationship status.

**What's your stance on PDA?**

**Angela says ...**

Context is everything when it comes to public displays of affection. A couple in an embrace at the airport can warm the heart. But a couple groping one another at your dinner party is just tacky.

**Derek says...**

Less is more. Keep it toned down and strictly PG — imagine the FCC is watching and ready to slap a fine.

## Outdoor Water Ban Lifted:

**Barrhaven  
Riverside South  
Manotick**

All water restrictions are removed. Thank you for your cooperation in keeping our community's drinking water clean and safe during the outdoor water ban.

Remember, you have until June 30 to buy a rain barrel and be eligible for a \$50 rebate. All applications must be submitted by September 15 for rain barrels purchased between April 27 and June 30. All other voluntary compliance measures are cancelled.

For more information:

Visit [ottawa.ca/waterinfo](http://ottawa.ca/waterinfo)

Email [water-info@ottawa.ca](mailto:water-info@ottawa.ca)

City services **3-1-1**  
TTY 613-580-2401

## Surviving the heat of summer love



► Adding sizzle to a hot summer romance is easier than you think.

**Metro speaks with a handful of love experts who offer five steps for landing a hot summer romance**

**KARIN WASTESON**  
METRO WORLD NEWS

### 1 How to find the right type for a summer fling:

Since it's summer, any terrain will be well stocked with holidaying hotties. "Whatever the activity is, tell your love interest you'd enjoy meeting up at some specific event," says Leil Lowndes, author of *How to Make Anyone Fall in Love With You*.

### 2 How to write a sexy text:

Now's the time to get sexual with the written word. Or at least the typed version. Swedish relationship specialist Eva Rusz recommends you be

anatomical in your prose. "Describe what body part you really long for," she advises.

But remember, "It can be as sexy to swoon for a person's brain as a person's private area."

### 3 How to overcome jealousy:

Even on a far-flung vacation, jealousy can rear its ugly head. But as Simone Biinne, a TV relationship expert in the U.K., advises: "when a jealous thought creeps into your mind, shout stop. This can be super effective in managing your problem."

### 4 How to know when it's time to cool a romance:

When the mystique fades, it's high time to end the romance. "If you no

longer feel excited to see the person, if you are no longer intrigued ... then you'd better call off the relationship," says Blaire Allison, blogger of *LoveGuru.net*.

### 5 How to write a love letter:

If the embers still glow, try crafting a love letter. "Firstly, spell the person's name correctly. Anything after calling 'Ellen' 'Susan' won't matter," warns Bill Shapiro, former editor of *Life* magazine and author of *Other People's Love Letters: 150 Letters You Were Never Meant to See*.

"The letters with the most resonance are those that capture a specific moment and how you thought about the person," Shapiro says.



2011048091

**MEGA**  
**AUTOMOBILE.com**

**www.megaautomobile.com**

Used car shopping is changing for the better in the national capital region, thanks to the recently expanded Mega Automobile in Gatineau, regions number 1 volume used dealer.

"In addition to the largest selection of pre-owned cars and trucks, we have added 16,000 square feet to our dealership at 1261 St. Joseph Blvd.," said Nader Dormani, owner of Mega Automobile. "We've added 8,000 more square feet to the showroom and about the same to the service area for a total of 40,000 sq-ft."

The renovation plan went ahead with the ultimate goal of making every customer visit, one of total convenience and satisfaction. Mega now has three large showrooms featuring over 40 vehicles indoor in addition to the largest inventory of Used Cars and Truck in the region. "We always have about 800 used cars and Trucks in stock and online at [Megaautomobile.com](http://Megaautomobile.com) for customers to check out." Says Mr. Dormani. "Now, with the new expansion, we've also increased the number of service bays from 7 to 15 to ensure quick delivery and service turnaround."

Providing customers with a convenient place to shop isn't the only reason why folks should make visiting Mega a priority. Mega offers the largest selection of high quality, economical rides that customers are now demanding. "Our selections of brand name gas sippers include all of the popular models," Nader said. "We've stocked up on such popular pre-owned vehicles as Toyota Echoes, Toyota Corollas, Mazda3s, Nissan Versas, Nissan Sentras, Honda Civics, Chevrolet Aveos and many more, and for customers looking for commercial vehicles and trucks, our new Truck Centre features over 300 high-quality Trucks, Vans and SUVs." Mr. Dormani has also been at the cutting edge of another bright idea. "We've been purchasing pre-owned vehicles in the U.S. for several years now and this means these automobiles are coming here without salt damage at lower prices."

Mega's "no catch, no gimmicks" has caught the imagination of buyers in the region to the point that 50% of buyers are repeat customers and referrals. "There are absolutely no added fees here at Mega," said Nader Dormani. "Each car has a price sticker and that's the price plus taxes and no other fees. That keeps things simple."

Government employees – that includes all levels of government: municipal, provincial, and federal – receive a sweet bonus when they finance their purchase at Mega.

"When a government employee finances his new vehicle with us, we pass the finance company commission of up to \$500 back to the customers. We've given about \$500,000 to government employees through this program during the past year."

For more information or to browse the entire selection, please visit [megaautomobile.com](http://megaautomobile.com) or call 819.770.2277.



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# 7 drawbacks of working at home

## ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



I've worked at home for more than 25 years and almost everyone I know who doesn't, envies me.

There are workplace benefits galore: short commute, no wardrobe issues, few distractions, no time clock and excellent coffee.

But it's not Shangri-La. So as a public service to

all you work-at-home wannabes, here is a list of drawbacks.

### 1. The if-you're-at-home-you-can't-be-working effect

This can range from unexpected and unwanted drop-ins during prime work hours to family calling for a lengthy chinwag.

### 2. No water cooler!

It can get lonely with no coworkers for time-wasting chats.

I've found myself trying to keep delivery people hanging around for company.

### 3. No work, no pay.

Sure you can take a break or vacation any time you want, but when you're not working you don't get paid.

Most self-employed people I know rarely take



► Working out of your house may not be an office paradise.

holidays. And sick days? Forget about it!

### 4. The office is always open.

Nights and weekends are fair game because the office is right there.

Even on a Sunday morning an unfinished job seems to find you and push the guilt button.

And employers know you're there so they don't hesitate to call outside normal office hours.

### 5. Hey! I'm working here!

Guests never seem to get it that you have a job to do when you're in the office. Recently I had a visitor who loudly sang off key while I tried to

### Homebodies

- Nearly 12 per cent of all paid employees in Canada work at home.
- Twenty-five per cent work at home because it is a job requirement.
- Twenty-three per cent work at home because they prefer the working conditions.

work to a deadline.

### 6. Too many bosses!

Everyone you do business with is a potential boss. Juggling them all is often a challenge.

### 7. The kids hate it.

When mine were in the tween and teen years they yearned to be latchkey kids. How can you get into after school trouble if Mom is always there when you get off the school bus?

## POP QUIZ

**I keep reading news about a slowdown in the US economy – should I sell my investments?**

**A:** Money in America? Is that an oxymoron?

**B:** You should invest! You can't get the ups without going through the downs.

### FIND TIPS & TRICKS

in Allan Small's Investment Perspectives  
Column: *Negative news provides a drag on the market.*

This column and more available at

**Metronews.ca/YourMoney**

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Sponsored by:



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## Avoid 'staged' car accidents head on

- Dangerous problem is big business in the U.S.
- Now prevalent in Canada, especially in large cities

Canada has a new multi-billion-dollar industry, but it's doing more harm than good. It's called auto insurance fraud and it's caused by deliberate or staged accidents.

The Insurance Bureau of Canada estimates that insurance fraud, which includes staged car accidents and the subsequent filing of false insurance claims, is costing policyholders and insurance companies billions.

According to Ken Lindhardsen, Desjardins General Insurance vice president of Claims Operations, about \$1.3 billion of the \$9 billion collected annually in auto insurance premiums goes to cover the cost of fraud in Ontario alone.

"We think that one of the best ways to combat this issue is through public awareness," said Lindhardsen. "It's of vital impor-



► Being able to recognize auto insurance fraud is the first step in prevention.

tance now that this type of fraud has become a financial threat and a threat to public safety."

Here are tips to help you avoid a fraudulent accident.

1. Leave significant space between you and the vehicle ahead in case they brake suddenly.
2. Be wary if someone waves you in to merge or change lanes as they may be setting you up for a collision.
3. Exercise extra caution

when making a left-hand turn because the oncoming car, which may seem far away, could deliberately accelerate and hit you.

4. Pay attention when you are driving, as the fraudsters deliberately target distracted drivers — for example, a driver talking on a cellphone.
5. If you are in an accident, be wary if you are pressured or offered money by anyone to use a particular auto body shop, paralegal or medical professional.

**Wimbledon.** Big names bounced



► Venus Williams returns a shot to Tsvetana Pironkova yesterday.

THE ASSOCIATED PRESS

## Williams sisters exit Wimbledon, as does Wozniacki

Venus and Serena Williams were both eliminated in the fourth round of Wimbledon yesterday, the first time in five years that neither sister will play in the quarter-finals at the All England Club.

Also knocked out was top-seeded Caroline Wozniacki, who fell 1-6, 7-6 (5), 7-5 to No. 24 Dominika Cibulkova.

Six-time men's champion Roger Federer survived a scare, dropping his first set of the tournament before coming back to down Mikhail Youzhny 6-7 (5), 6-3, 6-3, 6-3 to reach his 29th successive Grand Slam quarter-final.

**4**  
sports

Quoted



**"I expect a real motivated, real focused guy, and a guy whose body and his injury is ready to go. He's really well beyond (ready), so I think he'll be at full-go coming into training camp and really motivated."**

PENGUINS COACH

DAN BYLSMA ON STAR CENTRE EVGENI MALKIN, WHO HE SAYS IS PROBABLY "ALREADY READY TO GO" FOR THE START OF NEXT SEASON FOLLOWING RECOVERY FROM TORN LIGAMENTS IN HIS RIGHT KNEE. HE ALSO SAID CAPTAIN SIDNEY CROSBY HAS BEEN CLEARED BY DOCTORS FOR TWICE-PER-DAY, OFF-ICE WORKOUTS.

# Sinclair a reluctant hero

► Canadian captain tries to avoid the spotlight after playing through broken nose to score against Germany ► She will wear a face mask on Thursday when Canada returns to field

Christine Sinclair played the role of reluctant hero yesterday.

The Canadian soccer captain made headlines Sunday for bending in a free kick for a highlight-reel goal despite breaking her nose in a 2-1 loss to Germany at the FIFA Women's World Cup.

Within hours of the game, Sinclair was trending on Twitter, and still was a full 24 hours later.

"When I woke up for breakfast this morning,

(teammate Robin Gayle) said, 'You can scrap it off your bucket list, you trended last night.' I said, 'I don't even know what that means,'" Sinclair said with a laugh.

But while the 28-year-old from Burnaby, B.C., might have been big news Sunday night, she wanted little to do with the spotlight the next day — especially if there were cameras involved. She met with a small group of reporters in a hotel lobby,

but paused when she walked off the elevator and spotted a camera.

"There is nothing good about this," Sinclair said, pointing to her nose and frowning.

Sinclair had her nose broken by a hard elbow from Germany's Babett Peter, but stayed in the game — against the wishes of the team's medical staff.

She had her nose reset in a Berlin hospital, and spent yesterday morning being fitted for a protec-

**"It was painful, but there was so much adrenalin."**

CHRISTINE SINCLAIR

tive face mask. She isn't thrilled with the thought of actually wearing it Thursday when the sixth-ranked Canadians face No. 7 France in a game Canada can't afford to lose.

"I'm going to try to convince (the medical staff) to not make me wear it," Sinclair said. "I've heard it's not fun to wear. Your vi-

sion is limited."

The mask is similar to the one worn by Italian soccer star Marco Materazzi or Detroit Pistons guard Richard Hamilton.

For now, she has a flesh-coloured hard brace protecting her nose.

Sinclair shrugged off talk of being a big deal back home.

"No, I have no idea, it's been a hectic day," she said. "I haven't even called my parents yet."

THE CANADIAN PRESS

## Dodgers file for bankruptcy protection

One of baseball's proudest franchises is in tatters, its future to be decided not on the field but in the courtroom.

The Los Angeles Dodgers filed for bankruptcy protection in a Delaware court yesterday, blaming Major League

Baseball for refusing to approve a multibillion-dollar TV deal that owner Frank McCourt was counting on to keep the troubled franchise afloat.

McCourt, upset that baseball commissioner Bud Selig rejected the proposed TV deal last week,

hopes a federal judge will approve \$150 million US in financing to be used for daily operations, which would give him more time to seek a more favourable media contract. A hearing is set for today in Wilmington, Del.

THE ASSOCIATED PRESS

EXTENSION

**Canucks lock up Bieksa: Source**

The Vancouver Canucks have kept Kevin Bieksa

from hitting the market, signing the defenceman to a \$23-million US, five-year extension.

The team wasn't expected to announce the deal yesterday, but a source confirmed it had been completed.

Bieksa would have become an unrestricted free agent on Friday.

THE CANADIAN PRESS

**MAJOR LEAGUE BASEBALL****AMERICAN LEAGUE****EAST DIVISION**

	W	L	Pct	GB
New York	45	31	.592	—
Boston	45	32	.584	½
Tampa Bay	44	35	.557	2½
Toronto	39	40	.494	7½
Baltimore	35	40	.467	9½

**CENTRAL DIVISION**

	W	L	Pct	GB
Detroit	43	36	.544	—
Cleveland	40	36	.526	1½
Chicago	38	41	.481	5
Kansas City	33	45	.423	9½
Minnesota	32	44	.421	9½

**WEST DIVISION**

	W	L	Pct	GB
Texas	41	38	.519	—
Seattle	39	39	.500	1½
Los Angeles	39	40	.494	2
Oakland	35	44	.443	6

**AMERICAN LEAGUE****Last night's result**

Detroit 4 Toronto 2

**INTERLEAGUE****Last night's results**

Cincinnati 5 Tampa Bay 0

L.A. Dodgers at Minnesota

Cleveland at Arizona

Kansas City at San Diego

Washington at L.A. Angels

Atlanta at Seattle

**Sunday's results**

Detroit 8 Arizona 3

Boston 4 Pittsburgh 2

Baltimore 7 Cincinnati 5

Philadelphia 3 Oakland 1

N.Y. Yankees 6 Colorado 4

Tampa Bay 14 Houston 10

Kansas City 6 Chicago Cubs 3

Milwaukee 6 Minnesota 2

Washington 2 Chicago White Sox 1

Toronto 5 St. Louis 0

N.Y. Mets 8 Texas 5

L.A. Dodgers 3 L.A. Angels 2

San Francisco 3 Cleveland 1

Seattle 2 Florida 1 (10 innings)

**Today's games**

All Times Eastern

Boston (Beckett 6-2) at Philadelphia (Cl.Lee 8-5), 7:05 p.m.

Milwaukee (Greinke 7-2) at N.Y. Yankees (F.Garcia 6-6), 7:05 p.m.

N.Y. Mets (Dickey 3-7) at Detroit (Porcello 6-5), 7:05 p.m.

St. Louis (Lohse 7-4) at Baltimore (Britton 6-5), 7:05 p.m.

Pittsburgh (Correa 9-6) at Toronto (Jo-Reyes 3-6), 7:07 p.m.

Cincinnati (Cueto 5-2) at Tampa Bay (Price 8-6), 7:10 p.m.

Texas (C.Wilson 7-3) at Houston (Lyles 0-2), 8:05 p.m.

L.A. Dodgers (Lilly 5-7) at Minnesota (Duensing 4-7), 8:10 p.m.

Chicago White Sox (Floyd 6-7) at Colorado (Hammerl 4-7), 8:40 p.m.

Cleveland (Tomlin 9-4) at Arizona (D.Hudson 9-5), 9:40 p.m.

Florida (Vazquez 4-7) at Oakland (G.Gonzalez 6-5), 10:05 p.m.

Kansas City (F.Paulino 0-1) at San Diego (Richard 3-9), 10:05 p.m.

Washington (Marquis 7-2) at L.A. Angels (Pineiro 3-3), 10:05 p.m.

Atlanta (Hanson 8-4) at Seattle (Pineda 7-4), 10:10 p.m.

**NATIONAL LEAGUE****EAST DIVISION**

	W	L	Pct	GB
Philadelphia	49	30	.620	—
Atlanta	44	35	.557	5
Washington	40	38	.513	8½
New York	39	39	.500	9½
Florida	34	44	.436	14½

**CENTRAL DIVISION**

	W	L	Pct	GB
Milwaukee	44	35	.557	—
St. Louis	41	38	.519	3
Cincinnati	41	39	.513	3½
Pittsburgh	39	38	.506	4
Chicago	32	46	.410	11½
Houston	28	51	.354	16

**WEST DIVISION**

	W	L	Pct	GB
San Francisco	44	34	.564	—
Arizona	43	36	.544	1½
Colorado	38	40	.487	6
Los Angeles	35	44	.443	9½
San Diego	34	45	.430	10½

**TENNIS****WIMBLEDON**

At London

Yesterday's results

**MEN****Singles — Fourth Round**

Rafael Nadal (1), Spain, def. Juan Martin del Potro (24), Argentina, 7-6 (6), 3-6, 7-6 (4), 6-4. Novak Djokovic (2), Serbia, def. Michael Llodra (19), France, 6-3, 6-3, 6-3.

Roger Federer (3), Switzerland, def. Mikhail Youzhny (18), Russia, 6-7 (5), 6-3, 6-3, 6-3.

Andy Murray (4), Britain, def. Richard Gasquet (17), France, 7-6 (3), 6-3, 6-2.

Mardy Fish (10), U.S., def. Tomas Berdych (6), Czech Republic, 7-6 (5), 6-4, 6-4.

Jo-Wilfried Tsonga (12), France, def. David Ferrer (7), Spain, 6-3, 6-4, 7-6 (1).

Bernard Tomic, Australia, def. Xavier Malisse, Belgium, 6-1, 7-5, 6-4.

Feliciano Lopez, Spain, def. Lukasz Kubot, Poland, 3-6, 6-7 (5), 7-6 (7), 7-5, 7-5.

**Doubles — Second Round**

Bob and Mike Bryan (1), U.S., def. Alex Bogomolov, Jr., U.S., and Ivo Karlovic, Croatia, 7-6 (4), 6-4, 7-5.

Ashley Fisher and Stephen Huss, Australia, def. Eric Butorac, U.S., and Jean-Julien Rojer (9), Netherlands Antilles, 6-4, 6-3, 6-3.

Michael Llodra, France, and Nenad Zimonjic (6), Serbia, def. Somdev Devvarman, India, and Kei Nishikori, Japan, 6-3, 6-4, 7-6 (5).

Colin Fleming and Ross Hutchins, Britain, def. Grigor Dimitrov, Bulgaria, and Dmitry Tursunov, Russia, 4-6, 6-2, 7-6 (4), 6-2, 6-4.

Carsten Ball, Australia, and Santiago Gonzalez, Mexico, def. Chris Guccione, Australia, and Adil Shamasdin, Pickering, Ont., 7-6 (4), 7-6 (6), 6-4.

**Third Round**

Robert Lindstedt, Sweden, and Horia Tecau (8), Romania, def. Juan Ignacio Chela and Eduardo Schwank (12), Argentina, 7-6 (6), 7-6 (2), 7-6 (8).

Christopher Kas, Germany, and Alexander Peya, Austria, def. Kevin Anderson, South Africa, and Julian Knowle, Austria, 7-6 (5), 6-7 (1), 6-4, 5-7, 8-6.

Arnoud Clement, France, and Lukas Dlouhy, Czech Republic, def. Marcel Granollers and Tommy Robredo (14), Spain, 6-3, 7-5, 7-5.

**WOMEN****Singles — Fourth Round**

Dominika Cibulkova (24), Slovakia, def. Caroline Wozniacki (1), Denmark, 1-6, 7-6 (5), 7-5.

Victoria Azarenka (4), Belarus, def. Nadia Petrova, Russia, 6-2, 6-2.

Maria Sharapova (5), Russia, def. Peng Shuai (20), China, 6-4, 6-2.

Marion Bartoli (9), France, def. Serena Williams (7), U.S., 6-3, 7-6 (6).

Petra Kvitova (8), Czech Republic, def. Yanina Wickmayer (19), Belgium, 6-0, 6-2.

Tsvetana Pironkova (32), Bulgaria, def. Venus Williams (23), U.S., 6-2, 6-3.

Sabine Lisicki, Germany, def. Petra Cetkovska, Czech Republic, 7-6 (3), 6-1.

Tamira Paszek, Austria, def. Ksenia Pervak, Russia, 6-2, 6-2, 6-3.

**Doubles — Second Round**

Sabine Lisicki, Germany, and Sam Stosur, Australia, def. Vania King, U.S., and Yaroslava Shvedova (1), Kazakhstan, 6-4, 6-3.

Nuria Llagostera Vives and Arantxa Parra Santonja, Spain, def. Bethanie Mattek-Sands and Meghan Shaughnessy (5), U.S., 3-6, 6-3, 6-2.

Nadia Petrova, Russia, and Anastasia Rodionova (6), Australia, def. Ana Ivanovic, Serbia, and Andrea Petkovic, Germany, 6-3, 6-3, 6-1.

Peng Shuai and Zheng Jie (8), China, def.

Mariya Koryttseva, Ukraine, and Tatiana Poutchenko, Belarus, 6-3, 6-7 (6), 6-0.

Kimiko Date-Krumm, Japan, and Zhang Shuai, China, def. Chan Yung-jan, Taiwan, and

Monica Niculescu (12), Romania, 6-2, 6-4.

Daniela Hantuchova, Slovakia, and Agnieszka Radwanska (13), Poland, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 4-6, 6-4, 6-4.

Cara Black, Zimbabwe, and Shahar Peer (14), Israel, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-2, 6-3.

Angelique Kerber, Germany, and Christina McHale, U.S., def. Olga Govortsova, Belarus, and Alla Kudryavtseva (16), Russia, 2-6, 6-2, 6-1.

Monica Niculescu (12), Romania, 6-2, 6-4.

Daniela Hantuchova, Slovakia, and Agnieszka Radwanska (13), Poland, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 4-6, 6-4, 6-4.

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Monica Niculescu (12), Romania, 6-2, 6-4.



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